

The Indiana Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Indiana students in grades 9–12. Below is an overview of this topic's key findings.

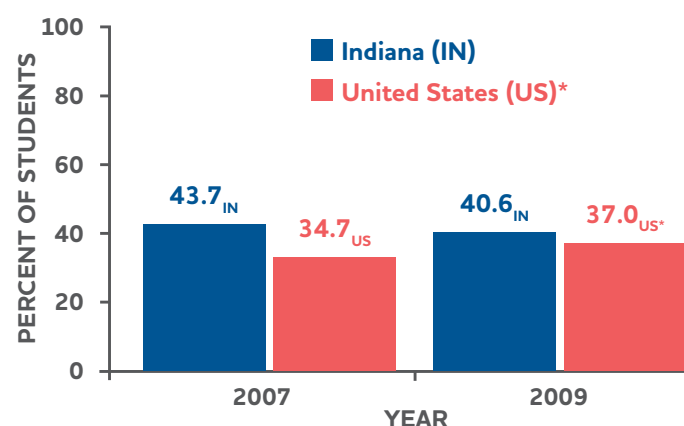
WHY IS THIS IMPORTANT? Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, and promote psychological well-being. Over time, regular physical activity decreases the risk of many chronic medical conditions, like heart disease and type 2 diabetes. National guidelines recommend that youth engage in at least 60 minutes of physical activity on most days of the week. The American Academy of Pediatrics recommends that children watch no more than two hours of quality television programming per day.

KEY POINTS

Compared to 2003–2007, Indiana high school students in 2009

- Were as likely to meet the recommended levels of physical activity, but continued to be more active than other students in the United States (Figure)
- Were less likely to watch TV three or more hours per day during school days
- Were as likely to play video or computer games or use a computer for something that was not school work three or more hours per day during school days
- Were as likely to attend physical education (PE) classes at least *once per week* when in school
- Were as likely to attend PE classes *daily* when in school

FIGURE. Percent of high school students who were physically active for a total of at least 60 minutes per day, five or more days per week—Indiana vs. United States, 2007, 2009



Changes in Physical Activity

Percentage of Indiana high school students who

2003

Indiana

2005

2007

2009

Compared to 2003–07, students in 2009 were

Were physically active for a total of at least 60 minutes per day on five or more of the past seven days

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43.7

40.6

Just as Likely

Watched three or more hours per day of TV on an average school day

32.9

31.9

28.7

29.0

Less Likely

Played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

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20.9

23.7

Just as Likely

Attended physical education (PE) classes on one or more days in an average week when they were in school

37.1

38.7

40.2

34.8

Just as Likely

Attended PE classes daily in an average week when they were in school

23.7

28.2

25.2

23.0

Just as Likely

TAKE ACTION

— *What you can do to help improve physical activity levels among high school students*

- Assess school policies, programs, and environments related to physical activity and incorporate the results into a school health improvement plan
- Incorporate high-quality, evidence-based physical activity strategies into physical education and other course curricula
- Partner with local organizations to make school facilities available to students and the community for physical activity during non-school hours
- Provide professional development to teachers and staff regarding physical activity promotion in schools
- Visit the Indiana Healthy Weight Initiative (www.inhealthyweight.org) or the CDC's Division of Nutrition, Physical Activity, and Obesity (www.cdc.gov/obesity) for more information